



www.mountainfitnessca.com

January 2026 News

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@MountainFitnessCA

LOCATIONS AND HOURS

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, Mt. Shasta | 926.6010

TEMPORARILY CLOSED

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd., Mt Shasta | 926.3589

5:30 am – 10pm Mon-Fri 7:30am – 10 pm Sat & Sun

Extended access is available to members only at South 4am-12am/7days a week. See front desk for new scan tag if you would like door access

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed

Open 24 hours – Card Lock

Happy New Year and Thank You for your Support!

What's New at Mountain Fitness

HOLIDAY HOURS: New Years Eve – Regular Hours CLOSED New Years Day

NEW SPIN CLASS – 10am-10:45 am Tuesday & Thursday - WELCOME CINDY LEIGH-our new instructor

PLAN FOR SAUNA EXPANSION – We are starting the process of expanding and remodeling the Sauna at MF South. This will triple the size of the sauna. We will also repair the broken shower in the pool room. We are in the early stages and hope to complete all work this summer.

WELLNESS CENTER – All updates on the Wellness Center repair timeline will be posted in the office at the South Gym and also on our Facebook page. We will update you the minute we know more. As of now, they gave us a 30-45 day timeline, however that is preliminary and it will likely change.

EXTENDED HOURS AT MOUNTAIN FITNESS SOUTH – Due to the temporary closure of the Wellness Center, we have extended the staffed hours. New hours are 5:30am – 10pm Mon-Fri and 7:30am – 10 pm Saturday and Sunday

